



# The Catholic Parish of Pittwater

Sacred Heart & Maria Regina. Neighbourhoods of Grace, entrusted to the care of the Salvatorians.

## A Prayer for Lenten Grace

Loving God,  
 during the sacred season  
 of Lent,  
 bring me closer to You.  
 Prepare a place in my  
 home for silence and  
 solitude, so that I may  
 rediscover the grace of a  
 prayer-full life.  
 Help me to fast from those  
 things that threaten the  
 well-being of my body  
 and soul.  
 Remind me of the grace of  
 simplicity.  
 Enlarge my heart so that I  
 can give to those in need  
 and embrace the grace of  
 gratitude and generosity.  
 May this season be filled  
 with grace to rekindle  
 my love and faith in You,  
 Amen.



## Thoughts of Fr Francis Jordan

No sacrifice, no cross, no desolation, no trial, no temptation, oh!  
 Absolutely nothing should be too difficult for you with the help of God's  
 grace. I can do all things in God who strengthens me.



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 Parish  
 of Pittwater



### POPE FRANCIS' PRAYER INTENTION FOR FEBRUARY Parishes

We pray that parishes, placing communion at the centre, may increasingly become communities of faith, fraternity and welcome towards those most in need.

A warm welcome to all our parishioners and visitors who are celebrating the Eucharist with us at Pittwater Parish Sacred Heart Church and Maria Regina Church

Continue to practise good hygiene. *Please use the hand sanitisers provided in both of our Churches.*

  
 You can find us on  
**Instagram**  
 (pittwater\_parish)

If you have used this bulletin, please take it home with you.

## MASS TIMES

**SACRED HEART CHURCH**  
1 Keenan Street, Mona Vale

**Weekday Masses**  
**Tuesday 8.30am**

*Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 8am, followed by Mass at 9.30am*

**Wednesday 9.30am**

**Thursday 7pm**

*Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from*

*7.30pm to 9pm*

**Friday 9.30am**

*First Friday of the Month, Exposition of the Blessed Sacrament, Adoration, Reconciliation and Benediction from 9.30am, followed by Mass with Anointing of the Sick at 10.30am*

**Weekend Masses**

**Saturday Vigil 5.00pm**  
**Sunday 8.00am • 10.00am • 6.00pm (SOUL)**

**Reconciliation**  
**4.00pm to 4.30pm Saturday**

**Baptism**  
**4th Sunday - 11.30am**

**MARIA REGINA CHURCH**  
7 Central Road, Avalon

**Weekday Masses**

**Monday 8am**

**Wednesday 8am**

**Thursday 10am**

*9am Exposition of the Blessed Sacrament, Adoration and Benediction at 9.45am*

**Friday 8am**

**Mass with Anointing of the Sick - First Friday of the Month at 8am**

**Weekend Masses**  
**Saturday Vigil 6.00pm**  
**Sunday 9.00am**

**Reconciliation**  
**Before Vigil Mass on Saturday**

**Baptism**  
**3rd Sunday - 11.00am**

*We Pray for*

**Deceased Anniversary**

*Joe Rego*

*Noreen & Frank O'Hanlon*

**Recently Deceased**

*Glenn Carnovale*

**Prayers for the Sick**

Anna Smigowska

Sarah Zofrea

Guy Zofrea

Avelino Samartin

Barbara Clarke

Andrew Hood

Jeff Langley

Mark Lindfiels

Nick Moullakis

Bill Eyre

Brian Gregan

Mrian Poe

Marcia Bailey

Bec Burroughs

Susan Hickey

Sophia Burfitt

Margaret De Landre

Maeve Robinson

Jenny Carroll

Matt Ukishima

Pietrina Maiorana

Mina Lee

Denise Wagner

Tom Murphy

Leonie Ariemetto

John Graham

**Liturgy for the Week**

27/02 **Monday, 1st Week of Lent**  
Lev 19:1-2, 11-18; Mt 25:31-46

28/02 **Tuesday, 1st Week of Lent**  
Is 55:10-11; Mt 6:7-15

01/03 **Wednesday, 1st Week of Lent**  
Jonah 3:1-10; Lk 11:29-32

02/03 **Thursday, 1st Week of Lent**  
Esther 14:1, 3-5, 12-14;  
Mt 7:7-12

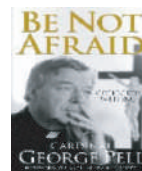
03/03 **Friday, 1st Week of Lent**  
Ezec 18:21-28; Mt 5:20-26

04/03 **Saturday, 1st Week of Lent**  
Deut 26:16-19; Mt 5:43-48

## BOOK REVIEW

**BE NOT AFRAID**

by Cardinal George Pell



"Here are the best of forty years of sermons, articles and talks by Cardinal Pell. With warmth and compassion he covers the big subjects that sooner or later confront us all - love, life, happiness, loneliness, suffering and death. He writes about Christ and His teachings, the Gospels, the Cosmos, Our Lady and the Saints and the great Christian celebrations of Christmas and Easter. He covers topics from Harry Potter and Mother Teresa to organ donors and family life."

## CONVERSION

Following the Call of Christ  
by: Bishop Robert Barron

There will be a video  
presentation and discussion  
every Tuesday during  
Lent.

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Veronica Thomas  
0417 061 534

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fortnightly, monthly or one-off.

## GIVING

Thank you for your continued  
contributions and support. Your  
financial contributions and your  
generous donations throughout  
the year are greatly appreciated.

**LIVESTREAMS  
READINGS  
NEWS**



"God, may Your  
light guide my day,  
and Your spirit bring  
me peace. Amen."

# Observing Lent, Exploring and Learning Value of Church Tradition

*Preparing one's heart for Easter*



Easter: a day set aside exclusively to rejoice in Christ's blood shed for us and the victory he won for through resurrection. While most people on campus aren't even close to thinking of Easter, different denominations and believers around the world will soon begin to observe Lent.

Feb. 22 is Ash Wednesday and the beginning of the Lenten season. This season has been observed by the church for hundreds of years, focusing on dedication to Christ as an individual and a community. By practicing this cherished tradition this year, one may grow closer to God or at least feel refreshed in their faith in Him.

Lent is the six-week period before Easter when Christians (usually from a Catholic, Orthodox or Anglican background) will prepare their hearts for the celebration of the death and resurrection of Jesus. This 40-day period is intended to mirror the 40-day period Jesus spent in the desert, resisting temptation and preparing for his ministry. Sophomore Natalie Schneider comes from a Lutheran background and practices Lent every year with her church. One of the most impactful Lent practices for Schneider is the Ash Wednesday service.

"The ashes we receive in the form of a cross on our forehead are the ashes of the palm leaves from the previous year's Palm Sunday," Schneider said. "They remind us that we were created from dust and to dust we shall return ... but Jesus remains eternal."

After the Ash Wednesday service, individuals in the church may begin to fast. Fasting can look like abstaining from any sort of thing during the Lent period: a meal, social media or watching television.

Father Joe Murphy is a minister from Ascension, an Anglican church in Marion, Indiana. Murphy explained how creating a space in one's life by fasting can make room to add something beneficial. For example, Murphy has fasted from watching television before and replaced that time with time spent reading the Greek New Testament.

"The thing you give up is not what is of value," Murphy said. "The question is, how are we personally drawn into the world in a way that stops [us] from listening to God?"

The fasting aspect of Lent is meant to create a time of inward reflection on the sacrifice Christ made for us, as well as honest confession of sin in order to repent. In this way, a believer is making room in their life to quiet themselves and hear from God.

In addition to individually observing Lent, a congregation will often gather together to reflect and share a meal. This year, Ascension is gathering on three Wednesday nights throughout the season to enjoy fellowship with one another. Murphy emphasizes the intention behind observing Lent is to focus on loving God and loving others well. Confessing sins, repenting, spending more time with the Lord and letting that time overflow into love for others is a way to show Christ that we love him.

"What do you want to do to communicate how you feel to one you love?" Murphy said.

One might wonder how to practice Lent this year, especially if they do not attend a liturgical church. One way to dive right into the practice is by attending an Ash Wednesday service. Ascension will be holding their annual service at 7 p.m. this Wednesday.

Committing to a devotional plan for the season of Lent may also prove to be beneficial and a wonderful reminder to use this season before Easter reflecting on the sinfulness of humanity and fully grasping the wonderful gift of Christ's blood. Devotional plans for Lent can be found on the YouVersion bible app or online; a helpful one can be found at [livingcompass.org/lent](http://livingcompass.org/lent).

Finally, fasting itself can be another reminder of Christ's sacrifice while also building a healthy habit. Many college students can give up junk food, soda or social media for Lent and replace the time spent doing those things with prayer or reflection. This can be a reminder that pleasure and satisfaction are found in Christ alone.

One favorite way for Schneider to observe the season is to learn Lenten songs.

"They dig deep into the core of Jesus' character ... reminding us of our sins revealed in the Law, but Jesus' redemption of us when he fulfilled it," Schneider said.

Even if not observing the season of Lent through traditional methods, this window before Easter is the perfect time to quiet one's heart and reflect on the sacrifice of Christ. You might just be surprised as you withdraw from the world and share in deeper communion with Him.

By SYDNEY DOLSON, The Echo

## Project Compassion First Sunday of Lent 25 & 26 February



Laxmi, 16, lives in in Jajarkot, a remote district in Nepal where almost half of the population live below the poverty line. Tragedy struck when Laxmi was 10 years old and her father passed away. Her father worked hard to pay for his children's education and after losing him Laxmi was at risk of falling further into extreme poverty.

With the support of our partner Caritas Nepal, Laxmi joined a child's club at her school where she was encouraged to resume her education. Through the child's club, Laxmi developed the skills and confidence to become a leader, advocating for clean water taps at her school.

Laxmi is now excelling in her studies and working towards her dream of becoming a civil engineer. She continues to be involved in the child's club, serving as an advisor and mentoring the next generation of young leaders at her old school.

**Please donate to Project Compassion 2023.**

You can donate through Project Compassion donation boxes and envelopes available from your parish, by visiting

**[caritas.org.au/project-compassion](http://caritas.org.au/project-compassion), or by calling 1800 024 413.**



# Parish Directory

## Pittwater Parish

1 Keenan Street Mona Vale  
NSW 2103  
Tel 9157 0999

### Parish Priest

**Fr Richard Sadowski SDS**  
Tel 9157 0999 ext 10  
pp@pittwaterparish.org

### Assistant Priest

**Fr Zygmunt Smigowski SDS**  
Tel 9157 0999 ext 12  
ap@pittwaterparish.org

### Parish Secretary

**Donita Kerin**  
Tel 9157 0999 ext 30  
office@pittwaterparish.org

### Director of Music

**Josh Willard**  
Tel 9157 0999 ext 17  
music@pittwaterparish.org

### Media & Communication

**Conille Felias**  
Tel 9157 0999 ext 31  
media@pittwaterparish.org

### Sacramental Coordinator

**Sonia Samartin**  
Tel 9157 0999 ext 13  
sacraments@pittwaterparish.org

### CCD Catechist Coordinators

**Maureen Wooldridge**

Mobile 0421 907 469

**Veronica Thomas**

Mobile 0417 061 534

### Parish Office Hours

**Monday to Thursday**

**9.00 am to 4.00 pm**

**Friday**

**9.00 am to 12.00 pm**

### Sacred Heart Church

1 Keenan Street Mona Vale

**Maria Regina Church**

7 Central Road Avalon

### MONA VALE

**Sacred Heart School**

Tel 8197 6900

**Principal: Mr Jamie Wahab**

### AVALON

**Maria Regina School**

Tel 9918 2608

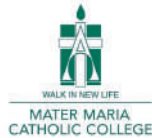
**Principal: Miss Kirsty Thorpe**

### WARRIEWOOD

**Mater Maria Catholic College**

Tel 9997 7044

**Principal: Mr Marc Reicher**



## Parish Bulletin- Term 1 Week 4

This week we had our Parent Engagement Evening for parents and carers of our students in Years 7, 8 and 9. We focused on growth for all students and staff, how to engage with student learning, methods of communication, the importance of attendance and the ways that we are supporting student wellbeing through pastoral care. Helping each student flourish and grow in their relationship with Jesus Christ is our core business here at Mater Maria Catholic College.

We also welcomed some of our new parents to our first Parents in Partnership meeting of 2023. This was our Annual General Meeting where we discussed the many initiatives and events that we have planned over the coming year.

On Ash Wednesday we distributed the Ashes at our College Liturgies attended by all Year Groups. With Ashes placed in our foreheads we learnt how Lent is our time to "Turn away from sin and follow the Gospel." Our student leaders launched Project Compassion, which is our annual fundraiser to raise money and awareness to support Caritas. We continue to learn about Christian call to holiness and be Jesus' hands through our care and compassion learn about injustices and support Caritas in their work.

Another big week for sport at the College. On Tuesday, many students in Years 8, 9 and 10 participated in the BBSSA U15 Touch Football Gala Day which was held in Nolan's Reserve at North Manly. On Friday, students in all Year Groups attended the Sydney International Regatta Centre in Penrith and participated in the junior, intermediate and senior relays for the NSW All Schools Triathlon. Our students showed outstanding sportsmanship and teamwork and represented Mater Maria in a positive manner.

Please join us for our Open Day on Wednesday 8 March between 4.00pm - 7.00pm - all are welcome. We are now enrolling students in Year 5 for Year 7, 2025 and beyond. There is a waitlist for those students that are currently in Year 6 for Year 7 2024.

Please visit the College website [www.matermaria.nsw.edu.au/enrolments](http://www.matermaria.nsw.edu.au/enrolments) for a prospectus, Enrolment Application form or for more information. Applications for Year 7, 2025 close on Thursday 6 April 2023.

## Sacramental Program Update

Please pray for all the children who are preparing for the **Sacrament of Reconciliation** on the 22nd and 29th of March

**Sacrament of Confirmation**  
Saturday, 17 June 2023  
at 6pm at Maria Regina Church  
Sunday, 18 June 2023  
at 10am and 12noon  
at Sacred Heart Church

Children in Year 3 and above are eligible to receive the Sacrament of Confirmation if they have been baptised. For more information about the preparation program, enrolments, etc. you **MUST** attend **ONE** parent information session which will take place at 7:30pm:

**Wednesday 3 May**

**Sacred Heart Church and**

**Thursday 4 May**

**Maria Regina Church**

If you have any questions, or would like to become a facilitator of your child's preparation group please contact Sonia at [sacraments@pittwaterparish.org](mailto:sacraments@pittwaterparish.org)

**We need the help of parents to facilitate the preparation groups.**

## Stations of the Cross

Every Friday in Lent  
after

morning Mass

at both churches.

**Sacred Heart Church  
& Maria Regina Church**

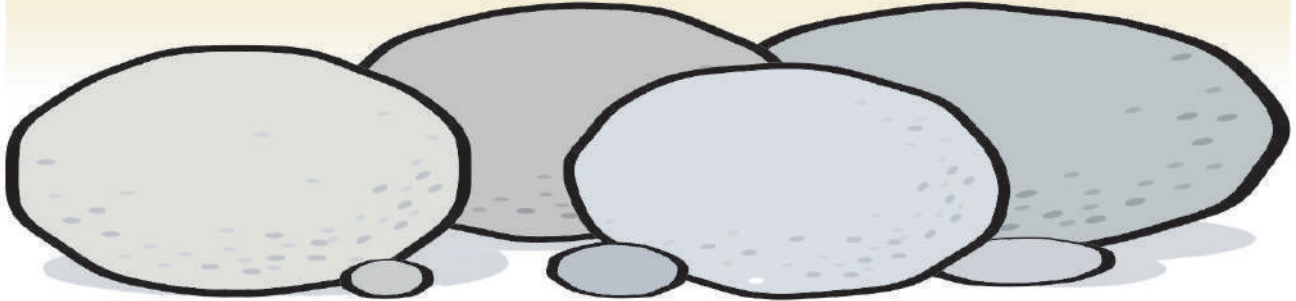


# Jesus is tempted in the desert



1st Sunday of Lent, Year A

In the desert, Jesus faced some tough choices but was able to make the right ones. What are some of the tough choices that we face in our day to day lives?



How did Jesus respond to temptation?

<p>Hey Jesus! If you're so hungry, why don't you turn these stones here into bread?</p>	
<p>Hey Jesus! I bet that if you jump off the temple, God will send some angels to catch you!</p>	
<p>Hey Jesus! See all those kingdoms? They're yours! And all you have to do is bow down and worship ME! Too easy!</p>	

Matthew 4:1-11

Join up the fruit to complete the text maze:  
"Lead us not into temptation."

© Creative Ministry Resources

## JESUS Our Light and Our Life

### Becoming One in Christ

The Broken Bay Lenten Booklet invites prayerful reflection on the Sunday Gospel during Lent. It can be used individually or within a group.

For each of the six weeks of Lent, the booklet includes a reading of the Gospel text; a reflection on the text; and a personal experience related to the text.

The materials and reflections have been prepared by the Broken Bay community, including Plenary Council members who have drawn on their experiences of the Council in their writing. Each Sunday is presented with the following elements:

- Opening Prayer
- Gospel Reading
- Reflection and Questions
- A Personal Story
- Closing Prayer

Printed copies of the booklet are available at the back of our churches.



# LENT 2023

# The *Living* Word

**Entrance Antiphon** Cf. Ps 90:15-16  
When he calls on me, I will answer him;  
I will deliver him and give him glory,  
I will grant him length of days.

**First Reading** Gen 2:7-9; 3:1-7  
**A reading from the book of Genesis**  
*Creation of our first parents, and sin.*

The Lord God fashioned man of dust from the soil. Then he breathed into his nostrils a breath of life, and thus man became a living being. The Lord God planted a garden in Eden which is in the east, and there he put the man he had fashioned. The Lord God caused to spring up from the soil every kind of tree, enticing to look at and good to eat, with the tree of life and the tree of the knowledge of good and evil in the middle of the garden. The serpent was the most subtle of all the wild beasts that the Lord God had made. It asked the woman, 'Did God really say you were not to eat from any of the trees in the garden?' The woman answered the serpent, 'We may eat the fruit of the trees in the garden. But of the fruit of the tree in the middle of the garden God said, "You must not eat it, nor touch it, under pain of death".' Then the serpent said to the woman, 'No! You will not die! God knows in fact that on the day you eat it your eyes will be opened and you will be like gods, knowing good and evil.' The woman saw that the tree was good to eat and pleasing to the eye, and that it was desirable for the knowledge that it could give. So she took some of its fruit and ate it. She gave some also to her husband who was with her, and he ate it. Then the eyes of both of them were opened and they realised that they were naked. So they sewed fig-leaves together to make themselves loin-cloths.

## The word of the Lord

### Responsorial Psalm

Ps 50:3-6. 12-14. 17. R. see v.3

**(R.) Be merciful, O Lord, for we have sinned.**

Have mercy on me, God, in your kindness. In your compassion blot out my offence.  
O wash me more and more from my guilt and cleanse me from my sin. **(R)**

My offences truly I know them;  
my sin is always before me.  
Against you, you alone, have I sinned;  
what is evil in your sight I have done. **(R)**

A pure heart create for me, O God,  
put a steadfast spirit within me.  
Do not cast me away from your presence,  
nor deprive me of your holy spirit. **(R)**

Give me again the joy of your help;  
with a spirit of fervour sustain me.  
O Lord, open my lips and my mouth  
shall declare your praise. **(R)**

**Second Reading** Rom 5:12-19  
**A reading from the first letter of St Paul to the Romans**  
*Where sin increased, there grace abounded all the more.*

Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. Sin existed in the world long before the Law was given. There was no law and so no one could be accused of the sin of 'law-breaking', yet death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law.

Adam prefigured the One to come, but the gift itself considerably outweighed the fall. If it is certain that through one man's fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift. The results of the gift also outweigh the results of one man's sin: for after one single fall came judgement with a verdict of condemnation, now after many falls comes grace with its verdict of acquittal. If it is certain that death reigned over everyone as the consequence of one man's fall, it is even more certain that one man, Jesus Christ, will cause everyone to reign in life who receives the free gift that he does not deserve, of being made righteous. Again, as one man's fall brought condemnation on everyone, so the good act of one man brings everyone life and makes them justified. As by one man's disobedience many were made sinners, so by one man's obedience many will be made righteous.

## The word of the Lord.

**Gospel Acclamation** Mt 4:4

Alleluia, alleluia!  
Praise to you, Lord Jesus Christ, king of endless glory!  
No one lives on bread alone,  
but on every word that comes from the mouth of God.  
Praise to you, Lord Jesus Christ, king of endless glory!  
Alleluia!

**Gospel** Mt 4:1-11

**A reading from the holy Gospel according to Matthew**  
*Jesus fasted for forty days and nights.*

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, 'If you are the Son of God, tell these stones to turn into loaves.' But he replied, 'Scripture says: Man does not live on bread alone but on every word that comes from the mouth of God.'  
The devil then took him to the holy city and made him stand on the parapet of the Temple. 'If you are the Son of God,' he said, 'throw yourself down; for scripture says: He will put you in his angels' charge, and they will support you on their hands

in case you hurt your foot against a stone.'  
Jesus said to him, 'Scripture also says: You must not put the Lord your God to the test.'

Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. 'I will give you all these', he said, 'if you fall at my feet and worship me.' Then Jesus replied, 'Be off, Satan! For scripture says: You must worship the Lord your God, and serve him alone.'  
Then the devil left him, and angels appeared and looked after him.

## The Gospel of the Lord

**Communion Antiphon** Mt 4:4

One does not live by bread alone,  
but by every word that comes forth from the mouth of God.

## REFLECTION by Dianne Bergant CSA

*The readings for the First Sunday of Lent act as a kind of overture to the entire season. They enable us to engage in a double confession: a confession of sin and the repentance which follows; and a confession of praise for the mercy of God which is shown us in spite of our sin. The very first reading reminds us of our fragility. We are made of the dust of the ground, the very stuff that represents death and decay. We were reminded of this when ashes were used to sign us on Ash Wednesday. At the beginning of Lent we are invited to acknowledge honestly and realistically our fundamental human weakness. Despite our weaknesses, the situation within which we find ourselves is not hopeless. Somewhere deep within ourselves we know that we are not helpless prisoners of our limitations. God has not deserted us to our guilt. The form that God's compassion takes is outlined in the reading from Romans. It is in the death and resurrection of Jesus that we see the extent of this divine compassion. Its scope is first measured by the yardstick of human sinfulness, and then it outstrips those dimensions. God's gracious gift far exceeds the effects of human transgression. The gospel reading moves us from both the anthropological and the theological considerations to the crowning Christological reflections. As we look to Jesus, we see humanity at its best, tempted but not overcome. There will certainly always be human limitations, human weaknesses that will open the door to temptation. But Jesus shows us that we are not thereby doomed. Jesus is a model for our own journey to new life.*

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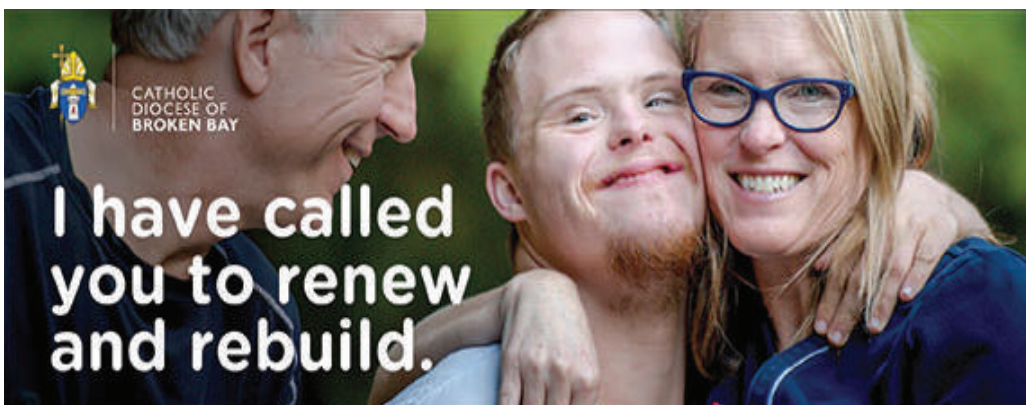
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